

# Nottinghamshire Family Hub Network



## Rushcliffe Family Hub Network Timetable: 5<sup>th</sup> Jan – 27<sup>th</sup> Mar 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p><b>Under 8's Stay &amp; Play Including Self-Weigh (WEEKLY, starts 5<sup>th</sup> Jan).</b> St Marys Church Hall, School Green, East Leake, LE12 6PB 10-11:30am Term time only.</p> <p><b>B.A.B.E.S Breastfeeding Group (WEEKLY starts 5<sup>th</sup> Jan).</b> St Marys Church Hall, School Green, East Leake. 10-11am. Term time only.</p>	<p><b>Under 8's Stay &amp; Play (WEEKLY, starts 6<sup>th</sup> Jan).</b> Cotgrave CofE School. 9:45-11am. Term time only.</p> <p><b>Under 1's Group. (WEEKLY, starts 6<sup>th</sup> Jan).</b> Bingham Family Hub 10-11:30am. Term time only.</p>	<p><b>B.A.B.E.S Breastfeeding Group (WEEKLY, starts 7<sup>th</sup> Jan).</b> West Bridgford Young Peoples Centre. 1:30-2:30pm.</p>	<p><b>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY).</b> 8<sup>th</sup> &amp; 22<sup>nd</sup> Jan. 5<sup>th</sup> &amp; 19<sup>th</sup> Feb. 5<sup>th</sup> &amp; 19<sup>th</sup> Mar. Bingham Family Hub. 10-11am.</p> <p><b>Under 8's Stay &amp; Play (FORTNIGHTLY).</b> 15<sup>th</sup> &amp; 29<sup>th</sup> Jan. 12<sup>th</sup> &amp; 26<sup>th</sup> Feb. 12<sup>th</sup> &amp; 26<sup>th</sup> Mar. Bingham Family Hub. 10-11:30am. Term time only.</p>

Please be aware that all groups are subject to cancellation at any time.  
We apologise for any inconvenience this may cause.

**...giving children the best start**



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## Self-Weigh Sessions 5<sup>th</sup> Jan – Mar 27<sup>th</sup> 2026

Drop in. Bingham Family Hub: Monday-Friday, 9:30am - 3:30pm.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<p><b>St Marys Church Hall, School Green, East Leake, LE12 6PB:</b> (WEEKLY, term time only) Starts 5<sup>th</sup> Jan. 10-11:30am</p> <p><b>Keyworth Health Centre:</b> (MONTHLY) 12<sup>th</sup> Jan. 9<sup>th</sup> Feb. 9<sup>th</sup> Mar 1:30-2:30pm</p>	<p><b>Cotgrave Health Centre:</b> (MONTHLY) 20<sup>th</sup> Jan. 17<sup>th</sup> Feb. 17<sup>th</sup> Mar. 2:30-3:30pm</p>	<p><b>West Bridgford Young Peoples Centre:</b> (WEEKLY) Starts 7<sup>th</sup> Jan. 1-3pm.</p>

### Family Hubs also offer a range of additional services:

- Preparing for your baby
- Children's development, including listening and communication
- Playing with your child
- The emotional health of your child
- Children's behaviour
- Feeding your child (including weaning support and fussy eating)
- Increasing your confidence
- Domestic abuse (in partnership with Women's Aid services)
- Volunteering opportunities

If you would like to access any of these services, please contact your local Family Hub network team or complete a service request form, either by walking into any of our buildings, or by completing one on our website by scanning the following QR code:



Updated 24.10.25. All information is correct at the time of publication.

Details subject to change after this date.

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